

ABSTRACT

A micro-fabrication method characterized by comprising the steps of applying a pulse laser beam to a plastic material to be processed exhibiting a glass phase transition by heating and having a heat-shrinkage to form laser-processed patterns on the surface of or in the above plastic material to be processed, and then heat-treating the plastic material to be processed at a temperature not lower than a glass transition temperature T_g to fine the formed patterns by heat-shrinkage.